

Smack U

拍數: 112 牆數: 2 級數: Phrased Intermediate
編舞者: JinLan Diong (MY) - January 2014
音樂: Smack You - Kimberly Cole



Sequence: ABB-ABB-ABB-

(A = 32 count)

Side, Touch, Side, Touch, Forward, Touch, Pivot ½ turn, Touch

1234 Step R to right side, touch L next to right, step L to left side, touch R next to left

5678 Step forward on R, touch L next to right, ½ turn left step forward on L, touch R next to left.

Sway, Hold, Sway, Hold, Forward, Hold, Pivot ½ turn, Drag

1234 Sway hip to right, hold, and Sway hip to left, hold

5678 Step forward on R, hold, ½ turn left step forward on L, drag

Walk Around ½ Turn, Step, Hold, Step, Hold

1234 Walk around ½ turn right R, L, R, L

5678 Step R to right side, hold, step L to left side, hold

(Optional style: Body roll to right, body roll to left)

Rolling Turn R, Touch, Rolling Turn L, Touch

1234 Rolling full turn right, touch L next to right

5678 Rolling full turn to left, touch R next to left

(B = 80 count)

Funky Paddle ½ turn L, Fwd, Touch, Back, Touch

1234 Stomp R making 1/8 turn left x4 (end with weight on left)

5678 Step forward on R, touch L heel forward, Step back on L, touching back on R

Back, Heel, Step, Together, Back, Heel, Step, Together, Rock, Recover, Cross, Unwind ½ turn

&1&2 Step back on R, tag L heel diagonal forward, step L back, step R together

&3&4 Step back on L, tag R heel diagonal forward, step R back, step L together

5678 Step side on R, recover on L, cross R over L, unwind ½ turn left (End weight on left)

Cross, Point, Cross, Point, Point, Flick, Forward, Pivot ½

1234 Cross R over left, point L to left side, cross L over right, point R to right side

5678 Point R forward, flick R back as make ¼ turn left, step forward on R, pivot ½ turn left step forward on L

Ball, Rock, Recover, Ball, Rock, Recover, Walk, Walk, Pivot ½

&12&34 Step R next to left, rock L out to left, recover on R, step L next to right, rock R out to right, recover on L

5678 Walk forward on R, L, R, pivot ½ turn left (End with weight on L)

(* B- = dance up 32 count, at end instead of ½ turn do ¼ turn (8) to start A*)

Hitch, Cross, Back, Side, Forward, Hitch, Cross, Side

1234 Hitch R knee up, cross R over left, step back on L, step R next to left

5678 Step forward on L, hitch R ¼ turn left, cross R over left, step L next to right

Back, Heel, Back, Cross, Back, Heel, Back, Fwd, Pivot ½, Pivot ½

&1&2 Step back on R, tag L heel diagonal forward, step L back, step R together

&3&4 Step back on L, tag R heel diagonal forward, step R back, step forward on L

5678 Step forward on R, ½ turn left step L forward , step forward on R, ½ turn left step forward on L

Out, Out, Hold, In, In, Hold, Shoulders Pop, Stomp

&12&34 Step R out to right, step L out to side, hold, Step in on R, step L next to right, hold

5678 Step R to side as same time shoulder pop R, L, R, touch L next to right (Put weight on right)

Out, Out, Ball Cross, Unwind ½, Jump Out, Heel Bounce x4

&1&2 Step out on L, step out on R, step back on L, cross R over left

3&4 Unwind ½ turn left, step out on R, step out on L

5678 Bounce R heel x4 (weight on L)

Side, Hold, Cross, Hold, Side Bump

1234 Step R to right side, hold, cross L over right, hold

5678 Touch R to side as bump hip up, down, up, down (end weight on R)

Side, Hold, Cross, Hold, Stomp, Hold, Hip Roll

1234 Step L to left side, hold, cross R over left, hold

5678 Step L to left side, hold, hip roll (End with weight on left)

(B- =1 ~ 32 count B)

Dance up 32 count at end instead of ½ turn do ¼ turn (8) to start A*)

Start Again ...Enjoy!! (^_^)

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